



## Spinning® Workshop as training solution for the MS150 or any type of endurance event

*Regardless of your age, fitness level or ability, this program will challenge and inspire you to ride as if you were a world class athlete!*

The workshop will consist of weekly classes and biweekly training rides for a 9-week period. The weekly classes will be held on Thursday starting February 9<sup>th</sup> from 5:30 to 6:45 pm in Studio 2. These 75-minute sessions will include information about how to train properly as well as offer 60 minutes of saddle time to improve your cycling abilities and overall fitness. The biweekly training rides will be held on Sunday afternoons starting February 19<sup>th</sup> at 12:30 pm. The first training ride will be 75 minutes with subsequent rides increasing in length by 15 minutes and will be the perfect supplement to get in that EXTRA ride time.

The classes will introduce one new cycling element each week to keep the program varied, progressive and motivating. You will learn to use the Spinning® program and Spinner® bike to train for endurance, hill climbing, time trials, sprints, and even be a part of a team effort in a race. You will gain a deeper appreciation for the sport of cycling and for your own athletic abilities in this rewarding and challenging Program.

### Schedule:

Week	Classes (Thursday)	Training Rides (Sunday)
1	February 9 <sup>th</sup> , 5:30 to 6:45 pm	
2	February 16 <sup>th</sup> , 5:30 to 6:45 pm	February 19 <sup>th</sup> , 12:30 to 1:45 pm (Crystal/Kerri)
3	February 23 <sup>rd</sup> , 5:30 to 6:45 pm	
4	March 1 <sup>st</sup> , 5:30 to 6:45 pm	March 4 <sup>th</sup> , 12:30 to 2:00 pm (Kerri/Crystal)
5	March 8 <sup>th</sup> , 5:30 to 6:45 pm	
6	March 15 <sup>th</sup> , 5:30 to 6:45 pm	March 18 <sup>th</sup> , 8:00 to 9:45 am (Crystal/Kerri)
7	March 22 <sup>nd</sup> , 5:30 to 6:45 pm	
8	March 29 <sup>th</sup> , 5:30 to 6:45 pm	April 1 <sup>st</sup> , 12:30 to 2:30 pm (Kerri/Crystal)
9	April 5 <sup>th</sup> , 5:30 to 6:45 pm	

### Specific objectives of the course include:

- Providing Direction and Purpose to Training Sessions
- Incorporating Heart Rate Monitors into Training
- Explaining Energy Zones and Periodization
- Benefits to Building an Aerobic Base
- Tracking Fitness Progress and Setting Goals
- Incorporating Intervals and Hills
- Balancing Intensity with Rest and Recovery
- Understanding Nutrition and Hydration
- Preventing Injuries and Fatigue

Please contact Kerri Knotts or Crystal Haddock with any questions. Kerri may be reached at 281.483.4016 or [kerri.l.knotts@nasa.gov](mailto:kerri.l.knotts@nasa.gov), while Crystal may be reached at 281.483.5711 or [crystal.w.haddock@nasa.gov](mailto:crystal.w.haddock@nasa.gov). “

- Pricing
- a. \$110 for entire Workshop including 9 weekly classes and 2 training rides of your preference;
  - b. \$55 for all 4 training rides; or
  - c. Individual training rides -- \$12 for Feb 19, \$15 for Mar 4, \$17 for Mar 18, and \$20 for Apr 1

**Gilruth Information Desk, 281.483.0304**